



INSTRUCTION GUIDE

CT300 MONITOR

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| SAFETY PRECAUTIONS

The monitor on this machine has been tested to the required standards, each of those passed regulations are shown via the following symbols:

WEEE - Waste Electrical and Electronic Equipment Recycling.

ABS - Acrylonitrile Butadiene Styrene often referred to as ABS is a type of plastic that is an opaque thermoplastic.

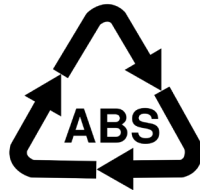
CE - The product conforms with relevant EU directives regarding health and safety or environmental protection.

QC Pass - A product which has fulfilled the requirements of a technical control and passed the outgoing exams.

WEEE Symbol



ABS Recycling Symbol



EU Compliance Symbol



Quality Control Symbol



CLEANING

Please take care when cleaning this monitor as the LCD screen can easily be scratched.

You will need a soft dry cloth



Do not spray cleaning chemicals directly onto the monitor

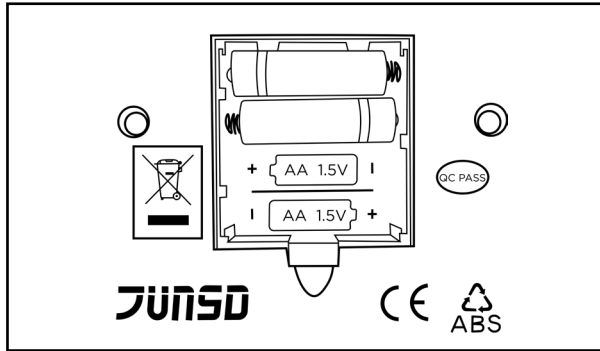


Do not apply water to the monitor as it is electrical and may damage the internal components



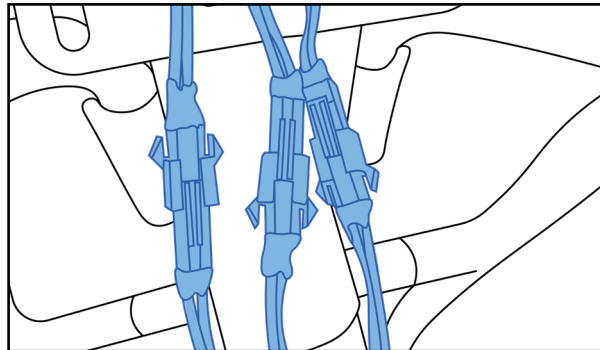
I INSTALLATION

STEP 1



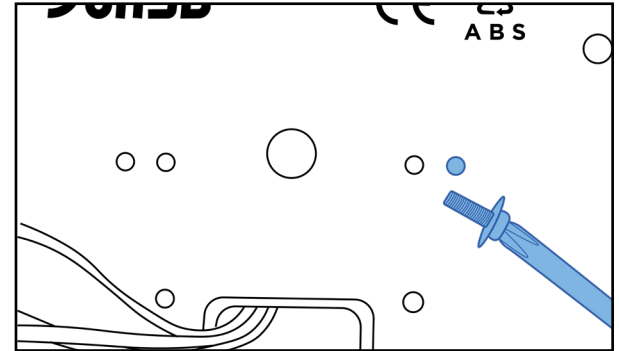
Insert the batteries, making sure they are the correct way round.

STEP 3



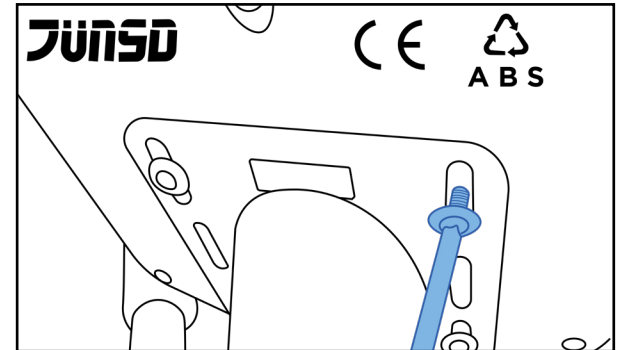
Connect the male to female wires from the vertical post to the monitor.

STEP 2



Remove the four screws already in the back of the monitor.

STEP 4



Secure the monitor to the frame using the four screws removed previously.

I OPERATION

The CT300 monitor has a total of 8 readouts, displaying:

Time Speed Distance Temperature Heart Rate Calories Body Fat Pulse Recovery

When first powered on, the monitor will automatically be in 'Scan' mode. This means the digits in the largest segment on the screen will change every few seconds between time, distance, speed etc. This will allow you to have an overview while training without pressing any buttons.

SETTING TARGET PROGRAMS

On this monitor you are able to set a target **time**, **distance** and **calories**.

- Start by pressing 'MODE' until your chosen setting flashes.
- Then press 'UP' or 'DOWN' to change the digits to your desired target.
- Once set, begin your workout and you will see the digits begin to change.
- Once you've hit your target the monitor will beep.

PULSE RECOVERY FUNCTION

Track your fitness progress by using the recovery function.

- After exercising stop pedalling and press 'UP/RECOVERY'.
- Place both hands on the pulse plates and you will see the time count down from 60 secs.
- Do not remove your hands during this time and at the end you will be given a recovery code.
- F1 being the best and F6 being the worst.



CREATING USERS

The CT300 monitor allows you to input up to 8 different users.

- Start by pressing 'BODYFAT'.
- Press 'UP' or 'DOWN' to select the number of the user.
- Then press 'MODE' and you will see the weight digits begin to flash.
- Press 'UP' or 'DOWN' to input your weight in KG.
- Press 'MODE' again and you will see the height digits begin to flash.
- Press 'UP' or 'DOWN' to input your height in CM.
- Press 'MODE' again and you will see the age digits begin to flash.
- Press 'UP' or 'DOWN' to input your age in years.
- Press 'MODE' again and you will see the gender icons begin to flash.
- Press 'UP' or 'DOWN' to select the male or female icon.



TEMPERATURE DISPLAY

When the machine is not in use and the monitor is in standby mode, the room temperature will be shown on screen in the calories segment. You can change the measurement from Celsius to Fahrenheit by:

- Continually pressing 'MODE' until the temperature segment begins to flash.
- Then press 'UP' or 'DOWN' to change the measurement to Celsius or Fahrenheit.

You cannot view the temperature while the machine is in use.

RESETTING YOUR MONITOR

Press and hold the 'RESET/GO' button until all the digits come up and return to zero, the monitor will also beep.

I DATA READOUTS

Readout	Measurement
Time	Minutes : Seconds
Speed	KM/H
Distance	Kilometres
Pulse	PPM (Pulsations Per Minute)
Temperature	Celsius / Fahrenheit

I TROUBLESHOOT

Issue	Resolutions
No power to the monitor	<ul style="list-style-type: none">• Make sure the batteries are fully inserted and the correct way round.• Check your connection wires from the monitor to the vertical post. They must not be trapped, fully connected and the pins must be straight.
No pulse reading	<ul style="list-style-type: none">• Make sure the pulse plates are clean and dry.• Do not have any lotion on your hands.• Sweat can affect the reading.• Make sure both hands are fully gripping each plate.

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